

SALEM SENIOR CENTER

JUNE 2016 NEWSLETTER

PREPARING YOUR ESTATE PLAN

Wednesday, June 15, 1:00 pm

- *Strategies to make your estate settlement simplified
- *Common estate planning preparation & mistakes

Sign up in the office (snacks provided)

MONTHLY COVERED DISH LUNCHEON

FOR SENIOR CITIZENS ONLY

Thursday, June 30, 12 noon

Entertainment:
SALEM SENIOR SINGERS

Please bring a covered dish so we have enough for everyone to eat!!!!

Blood pressure checks from 11 am – 12 noon by Salem Fire Dept. & Lewis Gale

COMPUTER CLASSES

Taught by Mark Waldron or Hank Luton
Every Wednesday - Sign up in office!!!
2:00pm & 2:30pm
(30 minute individual classes)

FRIENDS OF THE SALEM LIBRARY BOOK DONATION

During Olde Salem Days on **Saturday, Sept. 10**, Friends of the Salem Library will host the annual book sale at the Salem Public Library.

*Book donations needed include old records, dvds, cds, paperbacks, novels, sports, religious, cookbooks, etc. and will be taken through August.

*Please bring your donations to the Senior Center anytime through the end of August. Helen Robertson will pick them up. No magazines or Reader's Digest condensed books, please. Thank you for your help.

PICKLE-BALL

The newest craze for healthy, active seniors. All of you exercise and dance members, come watch a video and let's see who may be interested. Don't say no until you check it out. It's lots of fun for active seniors and they're playing it all over the US.

FRIDAY, JUNE 10TH, 1:00 PM

SALEM SENIOR SINGERS

Thursday, June 2, *Practice* 12:30 pm

Tuesday, June 14, *Richfield, The Oaks*

Be there at 1:30 pm

Tuesday, June 28, *Snyder's Nursing Home.*

Be there at 10:30 am.

Thursday, June 30, *Sing at Monthly Luncheon.*

Wilton Coleman, Director, is always looking for people who like to sing. This is a good group who enjoy singing for various places in the Roanoke Valley.

WE NEED VOLUNTEERS!!!

Salem Parks and Recreation is hosting a ½ marathon race on Saturday, October 15.

SIGN UP IN OFFICE TO HELP AT THE FINISH LINE PUTTING ON MEDALS, ETC.

SUPPORT MEALS ON WHEELS!

League of Older Americans (LOA)

"Let's do Lunch" to benefit Meals on Wheels & Nutrition Services

Friday, June 17, 12:00 noon

*Meals are \$15 which supports TWO hot meals for homebound seniors.

*Pre-Order your Meal in the office. You may pick your meal up or stay & eat while we watch the movie "Bucket List"! Stop by office to see menu!

SENIOR APPRECIATION DAY

Monday, June 13, 2016

1:00 pm – 3:00 pm

Stop in and visit. Enjoy a piece of cake. Ask any questions or offer any ideas that you may have concerning the Center.

49ERS + CLUB

Thursday, June 2, *Meeting*, 11 am

Thursday, June 9, *Picnic at Moyer*, meet there at 11:00 am.

Thursday, June 16, *Meeting*, 11 am.

Thursday, June 23, *Meeting*, 11 am.

Thursday, June 30, *Directs the Monthly Luncheon*, 12 noon.

NEW 8 WEEK YOGA CLASSES

June 8 – July 27

Two **NEW** classes are being offered

10:00 – 11:00 am (This is a slightly advanced class where you must be able to move easily to and from the floor)

11:15 – 12:15 am (This is more beginner/gentle yoga class)

COST - \$20 FOR 8 WEEKS

EVEN IF YOU TOOK THE FIRST EIGHT WEEK CLASS, YOU MUST SIGN UP AND PAY IN THE OFFICE TO STAY IN THIS NEW CLASS!!! DUE TO LIMITED SPACE, THE FIRST 12 FOR EACH CLASS TO SIGN UP AND PAY WILL TAKE THE CLASSES.

Find us on
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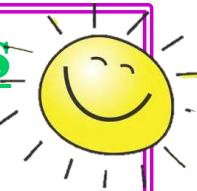
TRIAD

THE IMPORTANCE OF PROPER DISPOSAL OF MEDICATIONS

Presented by SARAH R. BAUMGARDNER
Public Relations Manager
Western Virginia Water Authority

Wednesday, June 1, 1pm – 2pm
Sign up in office

UPCOMING TRIPS



Friday, June 17, 2016 - **MONTICELLO TOUR & CHARLOTTESVILLE SHOPPING TRIP**

Time: Departs from the Salem Civic Center TBA

Cost: \$60

Details: Trip takes us up the lovely I-81 corridor our tour of Monticello; the plantation home of the 3rd President of the United States, Thomas Jefferson. Buffet lunch follows at Michie's Tavern with shopping at the 120+ shop Historic Downtown Charlottesville Mall in the afternoon. Tour, lunch, and light snacks are all provided with the price.

Wednesday, June 22, 2016 - **WOLFAHRT HAUS DINNER THEATRE "COUNTRY ROADS"**

Time: Departs from the Salem Civic Center 10:00am

Cost: \$65

Details: All Country Roads lead to the Wolfahrt Haus Dinner Theatre for this tribute to Country Music and its stars of the past and present. The original revue features our talented cast of singers as well as our incredible live band and will remind you why "you were country, when country wasn't cool". Grab your hat, polish your boots and head to Wolfahrt Haus for some Southern hospitality and charm!

Tuesday, July 19, 2016 - **VIRGINIA DARE CRUISE**

Time: Departs from the Salem Civic Center 9:00am

Cost: \$55

Details: Travel to Moneta and board the Virginia Dare on Smith Mountain Lake for a beautiful day on the water. Lunch will be served on the cruise.

Wednesday, August 10, 2016 - **WOLFAHRT HAUS DINNER THEATRE "JOSEPH & THE AMAZING TECHNICOLOR DREAMCOAT"**

Time: Departs from the Salem Civic Center 10:00am

Cost: \$65

Details: This Andrew Lloyd Webber & Tim Rice favorite is a Biblical-based, rollicking musical parable for young & old, as told through vaudevillian turns, country two steps, Calypso, and good old-fashioned rock and roll!

More 2016 Trips:

Sept. 14 - Wolfahrt Haus - "The Motion Sound"

Sept. 30 - Oct. 4 - New York, NY

Sept. 29 - Barter Theatre - "Chicago"

Oct. 4 - "Shenandoah Shopping Trip"

Nov. 15 - "Southern Christmas Show", Charlotte, NC

Nov. 22 - Tanglewood Christmas Lights, Clemmons, NC

Dec. 7 - Wolfahrt Haus - "A Wolfahrt Haus Christmas"

Dec. 12 - "Christmas at the Biltmore"

Dec. 20 - "Speedway in Lights", Bristol, VA

**SIGN UP IN THE OFFICE.
MUST PAY WHEN SIGNING UP.**